

Listen to your Gut



THE COMPLETE
Natural Healing Program
FOR *IBS & IBD*

JINI PATEL THOMPSON

3rd Edition

Praise for Listen To Your Gut



“No one can be less satisfied with conventional medical treatment for these complaints than the medical profession itself. Patel Thompson gives excellent dietary advice and the clearest message from Listen To Your Gut is that one should cease to be a victim of illness and make a determined effort to take charge of one’s fate and welfare.”

Dr. David Bamford, MD
Gloucestershire, UK

“Conventional medical therapies aren’t for everyone, Listen To Your Gut is an excellent tool and resource guide for people looking for viable alternatives.”

Dr. David Wang Bsc, ND
President, British Columbia Naturopathic Assoc.
Vancouver, Canada

“I have personally witnessed the effectiveness of the diets and methods in this program. It’s a well-written manual of holistic treatments that work.”

Vivian Szabo MN, Registered Nurse
Calgary, Canada

“The initial diet was quite strict however, I now have quite a regular, normal diet and consume small portions of alcohol. Obviously this is a fantastic situation from the prospect of being told I would need to take pills for the rest of my life to where I take none. Many thanks for the advice in your program.”

M.R., Dublin, Ireland

“Just wanted to pass on to you my thank you’s for your program and the help I received from it. It is by far the best book I have read for my symptoms of IBS, Diverticulitis, and Lactose Intolerance. I followed many of your suggestions and within weeks the pain is gone, the burning has eased, the nausea has subsided and the dreadful diarrhea has stopped!! Keep up the good work!”

D.F., Arizona, USA

“Your program is the primary reason my UC is in remission and I am also feeling the best I have ever felt! That is due to following many of your tips on diet. One significant change I made as per your program was to eliminate vinegar from my diet. Unbelievable! Everyone who has Crohn’s or UC will have a food that is a flash point – mine I believe was vinegar. I also followed many of the other steps. Great book/program – I refer to it often. I also recently finished 5 months of acupuncture. 3 days a week, 40 minute sessions. Never felt better!”

T.C., Ontario, Canada

“I have found the book/program (Listen to Your Gut) VERY helpful. By following some of the advice, and listening to MY gut, I have greatly reduced the medication I had been taking and feeling better. I recommended the book to my doctor, but ... he recommended more drugs.”

M.N., Texas, USA

“My doctor had never seen anyone getting better from Crohn’s and he was very surprised! I followed many of your diets, and after just a few months I began feeling better. A year later I went for another Colonoscopy, and the doctor could not find anything wrong with my small intestine. My illness really took away my energy, and I could not do the activities I loved. But now I am my old self and enjoy running, skiing etc. I don’t get tired, I don’t start to hyperventilate, and I do not have the “plug” in my ear when I get tired anymore. I hope you are feeling well too, and once again thank you!”

K.W., Oslo, Norway

“I need to thank you for saving my life! My “Crohns” attacked my eyes & several of my joints. I was at the point with my eyes that I was running out of time with my prednisone eye-drops (if you take them for too long they cause serious damage) and my collection of Doctors (I had seven all together – from an Internal Medicine Doc to an Ophthalmologist – one specialist for each “hot spot”) all wanted me to start taking the “new” immune suppressants – they were really excited about them. This is where you saved my life – your books gave me the tools I needed to start healing. I’m on 6 weeks no eye-drops, my joint inflammation has decreased to the point I am able to start doing Belly Dance & Tai Chi again (no Kung Fu yet-but I’ll get there). And I’m totally off the Asacol – and my gut’s feeling better all the time!! I don’t know if I would have literally died if I had followed the standard medical model, but I do know that my quality of life was so terrible when I was so sick – I was dead.

Thank you so much Jini - not only has your hard work healed me, it also let me be the wife, sister, daughter, friend, and most importantly mom (I'm lucky enough to have four sweet children) I want to be. Thank you, Thank you, Thank you!"

C.A., California, USA

"I did just one thing suggested in Listen To Your Gut and my diarrhea of ten years stopped within three weeks. I would recommend this program to anyone with these diseases."

C.G., Burnaby, Canada

"I've gave my copy to my friend and ordered another one! I first ordered Listen To Your Gut and loved it – particularly the range of subjects covered and the common situations the author and I had experienced. I loaned it to a friend who has a nephew with Crohn's – hoping it would help him, too. But I am ordering it again because I'd like to have my own copy here for review and reference. Thanks for a very helpful program."

D.G., Ohio, USA

"I looked up at the I.V. stand containing the steroid and antibiotic bags and down at the food cart at my pork and jello dinner and determined that the medical establishment doesn't know a whole lot about preventative care. So when I got home I got on the internet and found your book/program. I read it and immediately eliminated many foods from my diet and started on the recommended supplements. A recent trip to the G.I. doctor showed no signs of the disease. So far so good. Thank you for writing Listen To Your Gut. It has been an inspiration to me throughout my healing from Crohn's."

T.J., Georgia, USA

"Your program was extremely helpful and supportive when others (including my doctor) could not be. The more I talk about IBD the more I realize that so many folks have to deal with it. At this point I am doing well. I am off Entocort and am up to 123lbs. My cramping has just about completely subsided and my stools are formed and occur about 2 to 3 times/day. Thanks again!"

E.B., Vermont, USA

Other Books, DVDs, & CDs by Jini Patel Thompson

THE IBD REMISSION DIET: Achieving Long-Term Health with an Elemental Diet & Natural Supplementation Plan

LISTEN TO YOUR IBS: Your Complete Natural Healing Guide

LISTEN TO YOUR COLON: The Complete Natural Healing Guide For Constipation

BABY FART AEROBICS: And Other Natural Treatments for Colicky Babies (DVD)

Jini's Natural Healing Guide: Gut Infection

Jini's Natural Healing Guide: Rectal Spasm, Prolapse & Pain

Jini's Natural Healing Guide: Hemorrhoids

Jini's Natural Healing Guide: Anal Stenosis & Stricture

Jini's Natural Healing Guide: Intestinal Strictures

What You Need To Know About Probiotics

What You Need To Know About Colonoscopy

What You Need To Know About Wild Oregano Oil

What You Need To Know About Elemental Diets

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Childhood Chronic Illness & The Family Dynamic

How To Create a Healing Environment

Murray The Shark: Sleeptime Stories (CDs/audios for kids)

*All are available at:

ListenToYourGut.com

Toll free: 1.888.866.7745

 Notes:

Listen TO YOUR GUT

THE COMPLETE
Natural Healing Program
FOR IBS & IBD

3rd Revised Edition

Jini Patel Thompson



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This book is dedicated to fellow travelers along this pathway to wellness, freedom, and wholeness. May you have peace and fulfillment and live a life of vigor and vibrancy.

Please note: Although the anecdotes or 'client stories' told throughout this program are true – names have been changed to protect the identity of the people involved.

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1

Take Your Life Back



“If we listen to our insides, we will also find that inner therapist who says, ‘Pay attention! I’m going to make you hurt a bit now so you will wake up.’

‘For this reason I sometimes call pain and suffering ‘God’s reset button’.

It is sometimes the only thing that will make people change.”

Dr. Bernie Siegel, MD



Notes:

“**Y**ou will never be able to hold a job,” said my gastroenterologist, “you will *not* be able to have children, you’ll be in and out of the hospital for the rest of your life. I doubt you’ll even be able to finish university. But at least you’ll qualify for disability payments.” I looked at him, looked away, looked back at him and thought to myself, “I will heal myself, or I’ll die trying, but I will *not* live like this. This is *not* who I am.” Of course, I had no idea at that point that it would take me almost a decade to figure out how to heal myself of this supposedly incurable, chronic disease. Thankfully, I have been 100% drug and surgery-free for over 25 years now, with 3 healthy children, my own business, and a full and active life.

Since the first edition of *Listen To Your Gut* was published (in 2000) it has become an International Bestseller and I’ve received literally thousands of letters, questions and feedback from readers. Based on your feedback and questions, and due to the continual stream of new information and improved healthcare protocols available, this is now the *third*, revised edition of *Listen To Your Gut*.

This textbook is your manual of knowledge and treatments, and the charts, quizzes and workbook in the Bonus Tools Package will walk you through all the information in this book, so you can actually *implement* the treatments and apply the healing protocols to your own life. The Bonus Tools are a *very* important part of the program. There is so much information here in this book that it can be very exciting, but also overwhelming and perhaps confusing. The implementation material in the Bonus Tools package are what guide you to sift through all the information here and decide which treatments to apply to your unique body, and in what order.

You may be twiggling to the fact that this is a *self-directed* healing journey. Unfortunately, I am not a health professional and thus I am legally prohibited from giving personal health advice. So I cannot walk you through this program, nor answer personal health questions.

However, my assistant and I can answer your questions on my blog - you can post your question anonymously (if you wish), in the Comments section, after any blog post. I also have a section in my LTYG Shoppe where I have a list of practitioners and doctors you can book with, who are familiar with my


methods, if you would like to have one-on-one support. However, you may find the *Healing Journey Workbook* in the Bonus Tools package is sufficient support and guidance along this pathway of healing. If you did not receive your Bonus Tools, then email service@listentoyourgut.com and we'll send you the download links for all the bonus materials.

Although it's possible to just randomly take a few of the recommended supplements here and there and you probably will see positive results from that, for the greatest chance of success (or complete healing), you really do need to implement the complete healing program. Holistic healing does not work like drug therapy; to heal effectively you need to heal *all* the varied aspects of your self. The *Healing Journey Workbook* in the Bonus Tools package helps you to organize your unique treatment protocol (because we're all different), to action it step-by-step, and to evaluate your progress and make adjustments as needed.

Let me also say, that as 'alternative' and nature-based medicine has become more mainstream, the type of person who purchases *Listen To Your Gut* has changed. Since 2015 I've noticed a large increase in the number of people coming into my program who say, "500 pages, are you kidding?? Just tell me what to do! Give me the short version..." So yes, in this 3rd edition of *Listen To Your Gut*, I am indeed going to give you the 'Just tell me what to do...' version (see Chapter 2), but, I also want to make it crystal clear that the physical treatment protocols are only *one* facet of healing.

There are no shortcuts in chronic dis-ease; healing must involve the mind, body, emotions and spirit. You can't just treat the physical body and ignore all the rest and then get angry because you spent hundreds of dollars on supplements and it didn't work! If you're not ready to begin healing *all* the parts of your self by the time you're finished reading this book, then it may be best for you to stick to the medical system and return this book for a no-questions-asked refund.

I don't promise that anyone can heal themselves like I did. I don't promise that the protocols that have worked for thousands of people will work for you. Can we be 100% clear about that? You must listen to your *own* gut and only do what feels right/good for your unique body. Don't spend money on supplements, or go on diets, or spend money on bodywork therapists, unless *your* body tells you to.

 The most important eBook in the Bonus Tools package is the *Healing Journey Workbook* - which walks you through each chapter of this book. I encourage you to print that out (or open it up on your screen) *right now* and complete the Workbook pages for Chapter 1 as soon as you're finished reading!

MY HEALING JOURNEY

However... it is my *hope* that the contents of this program can be for you, as they were for me, the pathway to autonomy and peace. I initially began work on *Listen To Your Gut* at the suggestion of various healthcare professionals (medical doctors, massage therapists, physiotherapists, etc.) who compared me to all of their other clients diagnosed with Crohn's Disease or ulcerative colitis and couldn't believe how healthy I was. I kept hearing again and again, 'You should write a book about your methods'.

 Notes:

During my initial diagnosis back in 1986, the exploratory tests revealed a fairly severe or widespread case of Crohn's with ulceration present throughout the small and large intestine. Coming from a family of physicians and pharmacists, I had complete faith in the sophistication and efficacy of medical science. At the time of my diagnosis, I knew absolutely *nothing* about alternative medicine. I merely assumed it was a substandard system of healthcare used by people in third world countries who were uneducated and did not have access to modern medicine, or couldn't afford it.

Therefore, in complete faith, I did everything the medical establishment told me to do (and not do) for the first three years after being diagnosed with Crohn's Disease. I finally reached my breaking point when I was ingesting thirteen pills per day, terribly weakened from all the diagnostic and exploratory tests and basically had a life that consisted of thinking or dealing with pain and discomfort on a daily basis.

Or I would engage in the flip-side of that, which was desperately trying to ignore my physical body in the hope that it would all just go away. Practically everything I ate made me ill (intestinal bleeding, pain, cramping, etc.). By this point my doctors suspected I had Crohn's in my stomach as well, and were pretty much insisting I have surgery. After three years, I finally decided that living like this was no longer acceptable; there had to be something else I could do, something that would give me my life back.

So I went to my gastroenterologist, who headed up a national research team on Crohn's Disease and ulcerative colitis, and I asked him for all the books and papers he had on the subject (this was before the Internet). He loaded me


up with a stack of textbooks and some of his latest research and I took it home and read everything.

That's when I realized that the medical profession had very limited information/knowledge about inflammatory bowel disease. I didn't find anything that could even possibly help me, in my present condition, that I hadn't already tried. That realization, coupled with a horrible course of steroids (Prednisone) and the alarming statistics of recurrence rates following surgery (the disease will jump to a minimum of 3 new sites), prompted my departure from the medical establishment. The medical treatment protocols did not work for me and I knew I had to find something that did.

By this time I had graduated from university and I spent the next seven years researching and experimenting with alternative and indigenous healing therapies as I lived and worked in Japan, England, and Canada. I developed my own methods of dealing with each phase of symptoms. I learned to listen to my body and take responsibility for it. Constantly seeking new knowledge and techniques, I used myself as my guinea pig and conducted multiple, controlled trials to ascertain what worked and what didn't.

However, I didn't want to write and sell a book about healing methods that worked for me, without finding out first whether they worked for others as well. So, in 1995 I drew up a brief sixty-page booklet of my methods and circulated about 250 copies via friends, family and the Internet for the next three years. My main concern was that my diets, techniques, and methods would actually work and help people other than just myself. I wanted to know that the therapies and process that worked for me would also work for others.

Based on the positive, affirming feedback I received (along with emails from people exclaiming, 'please publish this!'), I then decided it was time to gather all my information together into a comprehensive book format. That book was the first edition of *Listen To Your Gut*, published in 2000. This current book is the result of that initial research, plus subsequent feedback from thousands of readers and consultation clients, evolving scientific research, improved nutritional information, and improved healthcare products and protocols.

 After three years, I finally decided that living like this was no longer acceptable; there had to be something else I could do, something that would give me my life back.



Notes:

The Importance Of Emotional Healing

In detailing my healing process and techniques, I soon realized that I had not one book, but two, and that to relay *all* the information together in a single volume would simply be too overwhelming for the reader. My healing process is based upon a mind/body/spirit paradigm; in order to heal, we must heal *all* aspects of the Self, not just the physical body. Therefore, I decided to have this book deal *primarily* with healing the physical body – although I do address the importance of emotional healing throughout the program as well.

There are many excellent books and programs already on the market that deal specifically with emotional/mental/spiritual healing (see Appendix A for my suggestions) and I strongly encourage you to look at these aspects of your healing simultaneously. In Chapter 6, I also outline some of the mind/body healing therapies I encourage you to delve into to get this aspect of your healing going. Lastly, I have a section in my LTYG Shoppe on mind/body healing, plus an entire section on my blog called, *Mind/Body/Spirit Healing* where I share my own stories, videos, meditations, etc. So definitely use the resources on my website to address this crucial facet of transitioning to wholeness.

Disease is *not* just a physical phenomenon. By using the diets, therapies and protocols in this program in conjunction with increasing awareness of the emotional/mental contributors to your dis-ease (unease), you may experience some positive results in your physical body. You may even be able to reach the stage where you're off all drugs and managing the cycle of your disease, along with flare-ups, by yourself and without (or rarely) having to resort to drugs and hospitalization. However, for full and complete healing to take place, I cannot emphasize enough that you *must* also address the emotional, spiritual, and psychological components of your dis-ease.

The Brain-Gut Axis

Many people refer to the gut as 'the second brain' and indeed there is even a book by that title that details exactly how the gut biochemistry parallels and interacts closely with the brain. For example, 60% of the neurotransmitters in your body are not found in your brain, but in your gut! Medical journalist Chris Woolston presents this concept well in his article, *Gut Feelings: The*

Surprising Link Between Mood and Digestion. Here are some pertinent extracts from his article:

“If you’ve ever felt your insides twist in knots before a big speech, you know the stomach listens carefully to the brain. In fact, the entire digestive system is closely tuned to a person’s emotions and state of mind, says William E. Whitehead, PhD, a professor of medicine and an adjunct professor of psychology at the University of North Carolina...Doctors now see intricate links between the nervous system and the digestive system. The two realms constantly exchange streams of chemical and electrical messages, and anything that affects one is likely to affect the other. The connections between the two systems are so tight that scientists often refer to them as one entity: the brain-gut axis. (The brain-gut axis is a hot topic in medicine. In the summer of 2001, more than 100 researchers from around the world gathered in Los Angeles for a convention called “2001: A Brain-Gut Odyssey.”)...

It may surprise many people to learn that the gut actually contains as many neurons (nerve cells) as the spinal cord...With all these messages, the connection between the brain and the digestive system is a busy two-way street. The central nervous system releases chemicals (acetylcholine and adrenaline) that tell the stomach when to produce acid, when to churn, and when to rest. Similar signals help guide the movements of the intestines. The digestive system responds by sending electrical messages to the brain, creating such sensations as hunger, fullness, pain, nausea, discomfort, and possibly sadness and joy...

The influence of the mind on the gut goes beyond functional diseases. For instance, people with Crohn’s disease or ulcerative colitis – two conditions with clearly physical origins – often suffer flareups during times of emotional stress. And in a recent survey, 68 percent of people with basically healthy digestive systems said stress gives them stomachaches.”¹

 Notes:

In fact, the brain-gut axis (that Woolston refers to in this article) and the undeniable interplay between the mind/emotions and the gut have become so

☀️ “Doctors now see intricate links between the nervous system and the digestive system. The two realms constantly exchange streams of chemical and electrical messages, and anything that affects one is likely to affect the other.”

~ Chris Woolston, Medical Journalist

important that a field of medicine emerged to specifically study and research this interplay, called Neurogastroenterology.

In the early days, before it was a liability issue, I used to do phone consults with readers. Before I had my first phone consultation with a client, I would ask them to email me their history. Most of the time, people sent me just the physical information and data about their bodies. Occasionally, a client would mention that a flare was likely triggered by the stress of a particular situation.

But I did not have anyone write with full awareness of how much and how crucially their mind and emotions affected their physical body. And no one told me about any therapies or techniques they were implementing to effect healing of their emotional body. When I brought up this important aspect of healing during sessions, some clients got it right away and immediately began implementing acupressure tapping, or craniosacral therapy, or hypnotherapy – and they are the ones that got the quickest results in their healing path. Others remained resistant.

Some readers have the belief that emotional healing is something they might look at *after* their physical symptoms are resolved. And these readers often have very frustrating healing journeys, where for long periods of time it doesn't seem like they're making any progress at all, even though they're doing everything physically possible to heal themselves. You'll hear me say this often throughout this program: **Until you heal your emotional/spiritual body, you will not see the desired results in your physical body**, or even if you do, they will not last long-term. You must heal *all* the roots of your illness – physical, mental, emotional and spiritual – to effect long-term healing.

Please try to understand this concept; that emotional events, trauma or feelings (past or present) produce clear, measurable results in your gut. When you fully accept and 'get' this concept, your healing will move to a whole new level. Dr Emeran Mayer at the UCLA School of Medicine outlines some of the very real physical consequences of emotions and stress in the digestive system in his article *The Neurobiology of Stress and Emotions*:


“...the emotion of fear is associated with inhibition of upper GI (stomach and duodenum) contractions and secretions, and with stimulation of lower GI (sigmoid colon and rectum) motility and secretions. The former

may contribute to a sensation of fullness and lack of appetite, the latter to diarrhea and lower abdominal pain. Interestingly, when the emotion shifts to anger, the pattern of upper GI activity is reversed, with stimulation of gastric contractions and acid secretion...in humans living in modern societies we are increasingly beginning to realize a phenomenon that has been referred to as the wear and tear, or the allostatic load, of stress. This detrimental effect of stress may manifest following a one time severe stressor (life threatening situation), following repeated smaller stressors, or following a major sustained stressor over a period of time...while acute stimulation of the immune system has a beneficial effect, chronic stress can be associated with suppression of cellular immunity, and detrimental effects on health. ²

We were on holiday in Mexico one year with my parents and my Dad was in a grouchy mood one evening. Then he had some wine with dinner (alcohol makes him more aggressive) and at some point vented some of his negative energy on my two-year-old son by shouting at him. I didn't think much of it as it was a very mild expression compared to what I'd grown up with. But when we were back in our room my son told me that, "Grandad made my tummy feel bad."

I was stunned and enlightened at the same time. At that point, I hadn't talked to my son about mind/body connections, or feeling via the gut, or anything of that nature. But there it was, the plain truth, in his own words. He was able to recognize immediately the emotional effect of that hurtful experience in his gut. And what would years and years of living with someone who 'makes your tummy feel bad' do to your digestive health? If you want to achieve full healing, you'll also need to look at, connect with, and heal the emotional woundings, fear, anger, trauma, etc. that have lodged themselves in your gut.

I once had a series of sessions with an advanced Rolfing practitioner (a type of bodywork therapy), named Jeffrey Maitland, in Scottsdale, Arizona. Jeffrey treated professional athletes, dancers, and NBA stars like Charles Barkley, and he is also a Buddhist monk who holds a doctorate in Philosophy. He explained a bit of his view on the mind/body interplay (based on twenty years of treating people's bodies): "All thought/emotion originates in the gut and travels upward

 If you want to achieve full healing, you'll also need to look at, connect with, and heal the emotional woundings, fear, anger, etc. that have lodged themselves in your gut.

through the torso and then through the neck for expression through the mouth. People tend to experience problems in their body dependent on where their blocks or wounds are along this pathway.”

If you take the time or utilize a therapy that allows you to connect with your gut, I guarantee you’ll find past traumas or woundings that are still held in your gut. You will have the best results from this program if you simultaneously pursue emotional/mental healing along with physical healing.

Talk therapy (most forms of counseling and psychoanalysis) are of limited use and not very effective. You need to pursue forms of healing that *integrate* your mind and body. You need to release the trauma or wounding from the actual cells and tissues of your body, as well as your mind. Therefore, the types of healing therapies that I’ve found work best are: acupressure tapping (EFT or Lazer Tapping), hypnotherapy, somato-based spiritual or energy healing (note: not just straight energy/spiritual healing, it must incorporate, interplay with the body tissues), craniosacral therapy, and acupuncture/acupressure that is combined with emotional release (the craniosacral therapist and acupuncturist needs additional, special training in somato-emotional release). These therapies will be explained in detail in Chapter Six.



Notes:

CURED VS. HEALED

In developing and following the methods and therapies outlined in this program, I improved my own health to the point where I have been drug and surgery-free for over 25 years. I live a full and active life; I have three children, own my own business, travel whenever I wish, exercise regularly, etc.

Although my gut may be more sensitive than someone raised on whole foods, I no longer have Crohn’s Disease. I eat mostly organic, unprocessed food, live in a toxin-free home, take supplements when needed, utilize acupressure tapping when needed, and do yoga where I work with the prana (lifeforce energy) every day. I also spend time out in nature with my dogs and horses every day - which calms my nervous system and plugs me into Source energy. The healing power of Nature is not to be underestimated! And I’m not talking about a patch of grass in the city. That’s helpful, but if you want to actually receive healing and give your cells a chance to resonate with a primal frequency

that human bodies have calibrated with for millennia... then you need to go into wild nature.


I look for an old-growth forest, or a national park or nature reserve that is at least 30 acres in size. Then I either sit down on the earth, or I walk meditatively - with all my senses open to nature - I send my energy down into the earth. I imagine all the pain, toxins, feelings of scarcity, or fear, draining down my body and into the earth. I allow Mother Earth take that for me and transform it. Just as the trees take toxic gas and transform it into oxygen. When I feel ready, I breathe into my back and imagine myself receiving energy from the earth, the tree roots, the magma at the center of the earth - I receive that energy through the soles of my feet and I imagine pulling it up into my body, all the way up, and fountain it out the top of my head.

A pilot study from the Institute of HeartMath in 2014, shows that horses have an electromagnetic heart field that is much larger than ours, so (like a tuning fork) our heart rhythm (or heart rate variability) calibrates to theirs.³ You don't need to touch the horse, just standing close to the horse is sufficient. But not surprisingly, most animals that live outdoors are more grounded and peaceful than we are. It is only in the last 100 years or so that humans have become so separated from earth and our fellow earthlings. So look for ways you can bring this resonance, this connection, back into your own physical body. And if you're completely bed-bound right now, then watch the videos of my herd of 11 formerly wild horses on YouTube or at ListenToYourHorse.com. People find that even just watching these amazing animals, with the sounds of nature all around and huge trees rippling in the breeze, is enough to experience gentle peace and connection.

For me, although I'm in wild nature almost every day, I acknowledge that my digestive system is a sensitive part of my body and I will always take special care of it. If I eat a full serving of wheat my peristalsis will slow right down and I'll be constipated for a couple of days. Cow dairy makes me bloat (after I created an intolerance via a Raw Milk Diet experiment that I carried out incorrectly) and my teeth have forced me to reduce sugar in all forms. And that's pretty much it.

People ask me, 'are you cured?' When I hear the word 'cured' it denotes an absolute, static, unchangeable state. So does 'cured' mean that you never

 Notes:

 No matter how bad my condition has been over the years of my Healing Journey, I have never resorted to drugs or surgery, but have always healed myself using the natural methods in this program.

even have to *think* about your body again, let alone treat it specially or support it with healing herbs and treatments? If you were ‘cured’ would you be able to eat processed, crap food, drink copious amounts of alcohol and stay up all night for a week – and feel no ill effects? Does that even sound realistic? Or desirable? *Nothing* in the body, or nature, is static. In fact, nothing on this entire planet is static; things are either growing or declining. Words like ‘cured’ and ‘incurable’ are mirages. Neither state actually exists outside of our mind. So, I don’t use the word ‘cured’, I prefer the word ‘healed’. I like to talk about wholeness and integration and congruence.

Yes, I can go out and eat a hamburger and fries whenever I want to and feel no ill effects whatsoever. But, if I ate nothing but fast food for 2 weeks non-stop I’d feel pretty gross and I’d probably have loose stools, if not diarrhea, as my body kicked that crap out!

I can also travel anywhere in the world (except India) and eat the local food with no trouble. But, by the end of two weeks, I’ll be feeling the need for better quality food. Actually, the United States is one of the most difficult countries to travel in, since the average restaurant uses a lot of chemical, artificial and processed foods in its cooking. Whereas the average restaurant (or roadside stall) in Thailand, for example, uses fresh vegetables, seafood, noodles and the only irritants are the hydrogenated oil used for frying and sometimes some MSG in the sauces. I once spent three weeks in Thailand and felt great.

Taking special care of my body will always be a part of my life. I minimize my exposure to toxins wherever possible. I don’t drink alcohol, I minimize caffeine, and I avoid processed foods - unless I’m on a road trip! Then it’s part of the fun to stock up on chips and chocolate bars at the gas station. If something unavoidable happens - like a new infant - where I’m stressed and sleep-deprived for months (years!) then the effects are likely going to show up in my body in the form of diarrhea or constipation, or perhaps an anal fissure or rectal spasm.

However, I can also heal all those things, very quickly, by addressing the corresponding emotional/lifestyle issue and then following the applicable healing therapies in this book. We also have some very promising experimental protocols on my blog that come in handy. No matter how bad my condition has been over the years of my Healing Journey, I have never resorted to drugs

or surgery, but have always healed myself using the natural methods in this program.


However, it took about 8 years after being healed, to no longer have even the *thought* of a flare enter my mind. Those of you who've experienced a few GI flares; where one day you're fine and the next day you're free-falling off a cliff, losing 20 pounds in a week as your body literally eats itself, know what I'm talking about. So it does take a while for the fear (PTSD) to subside and for every level of your body/mind to truly *feel* healed. I wish for each of you this same freedom and control over your life, body and health.

Instead of viewing your health and healing as an end-point, it will help you immeasurably to view it as a journey. You will be much happier along this holistic healing path if you can view it as a process and **celebrate each improvement** along the journey – rather than anxiously rushing, pushing and waiting for your body to be cured/healed so you can get back to your 'regular' life. *Tip:* When you move into wholeness, you likely won't want your old life back, because you'll have something better.

Instead of looking at how far you still have to go, if you can focus on how far you've come and all the improvements you have made, you will have a lot more peace and happiness along your Healing Journey. Holistic healing is a long, winding path and there are no quick-fixes or silver bullets here (like in drug therapy).

The initial phase of your healing may take the longest and produce the least 'visible' results because you have to build your foundation first. You have to start at the roots of your dis-ease and just like building a house, laying the groundwork and pouring the foundation don't look like much, but they are of crucial importance.

For example, let's say you have a mycobacterial (fungal-bacterial hybrid microorganism) infection as one of your 'causative roots'. Treating and resolving such an infection can take anywhere from six months to two years (see Chapter Two), but once you get that infection under control, you'll see improvement. And by the time you completely eradicate that infection, you'll probably have automatically eliminated your diarrhea and colonic bleeding. You will also have restored the integrity of your intestinal walls, mucosal lining, and bacterial

 You will be much happier along this holistic healing path if you can view it as a *process* and celebrate each improvement along the journey – rather than anxiously rushing, pushing and waiting for your body to be cured/healed so you can get back to your 'regular' life.

☀ I hope this program will stimulate your own thought process and encourage you to open up to unconventional possibilities and ideas, to pursue the many layers of truth and the many facets of reality, rather than latching onto the flat, easy, one-dimensional answer.

flora throughout your gut. Therefore, your digestive and absorptive abilities will now be up to normal.

Because you have treated your whole body holistically, you will most likely have cleared up other health issues as well. And by healing your past and present emotional woundings, you will now be creating a job (or business) and relationships that support you as a healthy, vibrant person – not as a sick, wounded person.

Initially, it may seem very scary to you to be completely in charge of your own health and to have all the tools and responsibility to heal yourself, no matter what arises. Some people find it easiest to quit the drugs and surgery cold turkey (although strong drugs must always be weaned off gradually) and completely remove it as a treatment option, while others find it easier to go off and on their drugs while incorporating more and more natural healing methods. The first way is definitely a much quicker way of healing, but it has to suit your personality. Remember that stress is a huge component of these dis-eases and anything that causes you stress is not going to help you heal. Therefore, first and foremost, you must always follow your own gut and introduce change at a pace that feels right for you.

ETIOLOGY AND PATHOGENESIS OF IBD AND IBS

Many people spend a lot of time and energy searching and hoping for the etiology (cause) of inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS) to be revealed. I suppose that most people believe that if we knew for sure what caused inflammatory bowel disease, we would know how to cure it. This is because we are still looking to fulfill the equation of one pathogen (disease-causing agent) equals one disease, which can be cured with one drug. This is the mindset bestowed on us by the commercial medical and pharmaceutical industries that we have accepted easily (even though the scientist knows the truth to be far more complex).

However, ascribing to this model leaves many questions unanswered. For example, autopsies reveal that most people have an average of 16 viruses in their brain. So why is it that most of us experience no abnormal symptoms or diseases as a result of these viruses? In addition, let's say for example, that it is

discovered that Virus X causes ulcerative colitis. Okay fine, but that still doesn't explain why you contracted that virus and your twin sister didn't – similar genetic makeup, similar environment, why the difference in susceptibility? If you look at some of the most contagious diseases on our planet, there are always some people who, although exposed, do not contract these diseases. Even when they're living and working in the midst of an entire community of people manifesting a particular illness, some people will not contract that illness. Why not?

The traditional medical/pharmaceutical model of illness cannot answer any of these questions. Perhaps this is because their construct of disease is flawed. Personally, I think the dominant medical model is far too simplistic to adequately portray and understand all the factors involved in the disease/healing/balancing process. I hope this program will stimulate your own thought process and encourage you to open up to unconventional possibilities and ideas, to pursue the many layers of truth and the many facets of reality, rather than latching onto the flat, easy, one-dimensional answer.

Our bodies are not machines, where one plus one equals two. We are complex, many-layered entities capable of containing any number of apparent contradictions simultaneously. We can be both hot to the touch on the outside with sweat pouring off our skin, whilst being freezing cold on the inside – so cold our bones ache and it hurts to breathe.

We can feel a well of deep love and attachment to a dysfunctional parent whilst simultaneously hating them for what they have done to us. A father loses his child and his hair turns completely white overnight. A mother lifts a truck single-handedly to save her child trapped beneath it. How are these things possible? As you begin to open to the expansiveness of humanity, you begin to understand. You also begin to glimpse the possibilities that are present within yourself.

What does all this have to do with healing your dis-ease? Quite simply, it opens you to the possibility of delving into and collaborating with your body. Merging with all aspects of your body/self and treading the pathway of healing together – as a multi-dimensional but unified being, with all parts relating to and supporting each other.



This is your unique Healing Journey, your passage to wholeness, and no one else can walk it for you.

☀ There is seldom just one factor (pathogen) in isolation that causes IBS or IBD.

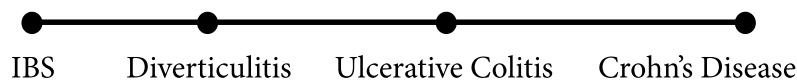
It releases you from viewing and treating your body or your intestines as something functioning independently of you and your desires. Subscribing to the medical model will cause you to view the malfunctioning parts of your body with impatience and annoyance, even anger. If you see your body in this manner, you'll just want to feed it the right pill and have it perform properly, damnit! But your body is not a machine, you can't separate the parts from the whole. And what place is there for healing in the midst of anger and resentment?

Opening yourself up to the possibilities of humanity and your unique reality will also create a space for you to integrate the different levels of yourself and begin taking some responsibility for your present state. Taking responsibility for the state of your body and your health may be as simple as saying, "Okay, well, since I got this particular disease and not some other, there must be a reason for that. I'm going to start looking at the message(s) here for me."

If there was no point in your developing colitis, or diverticulitis or Crohn's, no lessons for you to learn, no journey for you to take, then why did you develop this illness? A scientist identifying Virus X as the pathogen (agent of disease) is not going to answer this question. If all the members of your family, or your class, or your community were exposed to the same environment, then why did you contract IBD when they didn't? Looking for the missing pathogen is not going to give you the answer. Only you can answer these questions. Only you can unite and integrate all the levels of yourself to identify all the contributing and influencing factors in your particular pathogenesis. This is your Healing Journey and no one else can walk it for you.

MY OPINION ON IBS/IBD ETIOLOGY

I have had many readers ask me, 'what do you think caused my colitis/Crohn's/diverticulitis etc.?' Well, I see each of these conditions as points along a continuum, from mild to severe. With IBS at the far left side and Crohn's at the far right. So it would look like this:




Medical doctors maintain that each of these diseases are separate and distinct from each other. But I've heard from far too many people whose IBS has turned into colitis, or whose diagnosis of colitis has metamorphosed into Crohn's. When this happens, doctors tend to say 'Oh, well you were misdiagnosed in the first place'.

In my opinion, each point along this continuum – with its accompanying symptom profile – is merely an indication of how much your health has been compromised to date and which areas of your body need healing. As you progress along the continuum (from left to right), the symptoms indicate that the damage is not just localized, but increasingly more systemic.

However, since publishing my continuum theory back in 2000, some doctors are beginning to acknowledge this concept. In fact, Dr. Carolyn Dean MD ND referred to my theory in her book, *IBS For Dummies* published in 2005. So, watch this space...!

I believe the causative factors of these conditions are varied. If you go back over your own personal health history, I think you'll find a mix of the following damaging events, that singly or in combination have degraded the health of your gut and immune system:

- ▶ **Vaccination** – childhood, adult, flu vaccines, etc. causes direct damage to bacterial flora of the gut and long-term, immune system damage. See Chapter Four for more details.
- ▶ **Antibiotic Use** – any antibiotic therapy that is not followed by full-spectrum probiotic therapy causes lasting, pervasive damage to the bacterial flora of your gastrointestinal tract (from mouth to anus), which in turn leads to increased infestation of yeast, parasites, viruses, bad bacteria and other pathogens. These pathogens degrade the mucosal lining and damage the intestinal wall (symptoms include bloating, gas, inflammation, bleeding, etc.) which leads to Leaky Gut Syndrome, which then triggers allergic and auto-immune response. Certain antibiotic drugs can cause ulcerative colitis all by themselves (like Novo Clindamycin), and the pharmaceutical information that comes with these products even explicitly warns of this.

 Each of us is capable of identifying our own particular pathology, or the causative factors of our own ill health and then taking the steps that will be particularly healing to each of us.

Yet medical doctors continue to prescribe them and also don't follow usage with probiotics.

- ▶ **Environmental and Food-borne Toxins** – processed foods with preservatives, Monosodium Glutamate (MSG), artificial sweeteners and flavors, nitrites and other proven toxins and carcinogens, microwaved foods, toxins contained in skin care products, shampoos, cosmetics, furniture, carpets, and the air (to name a few sources) all cause cellular and systemic damage. Lots more on this in Chapter Four.
- ▶ **Emotional Trauma or Abuse** – don't underestimate the damaging effects of abusive or traumatic emotional experiences on the body, and the gut in particular. For some of you, this may be damage from your past that was never resolved/healed, and/or ongoing emotional patterns or experiences that continue to degrade your health daily.
- ▶ **Parasites & Pathogenic Microorganisms** – if your gut ecology is already weakened or imbalanced, travel to a foreign country or ingestion of tainted food/water can be the 'straw that breaks the camel's back'. If your bacterial flora is already imbalanced with a deficit of beneficial bacteria, then it's very easy for parasites, yeast, molds, bad bacteria, or fungus to flourish. These pathogens then degrade the health of your intestinal mucosal lining, which can result in ulceration, inflammation, bleeding and subsequent damage to your systemic health.

Each of these causative factors – including factors like whether or not you were breastfed, your mother's health while you were in utero, hereditary/genetic weaknesses, heavy metal levels in your body, mercury amalgam fillings in your teeth, pesticide exposure, etc. – will contribute in varying degrees and combinations to your particular pathology.

Different people are susceptible to different factors and something that strongly affects your friend adversely, may only have a mild negative effect on you. There is seldom just one factor (pathogen) in isolation that causes IBS or IBD. However, I believe each of us is capable of identifying our own particular pathology, or the causative factors of our own ill health and then

 Notes:

taking the steps that will be particularly healing to each of us. This program is designed to assist you in identifying the physical contributors to your dis-ease (or unease) and to provide you with some tools and ideas to correct and balance your physical environment.

There are many books and programs available to help you identify the mental, emotional and spiritual elements of your dis-ease and I've listed a few really good ones in the Recommended Reading list (Appendix A) at the back of this book. I also have a number of videos on my YouTube channel with more explanation and assistance in this aspect of healing.

Maybe you've become very wrapped up in searching for the cause of your illness, thinking that if science could only identify the pathogen, you could then take a drug that would cure you. If this has been causing you stress, for the sake of your own healing, I encourage you to put aside the quest for the etiology of these diseases. Don't worry about it, don't let it frustrate you, don't devote any more time and energy to it.

Turn your focus instead to healing yourself, getting in touch with your body and allowing it to heal itself no matter what the cause. The great thing about this program is that the process and therapies will work irrespective of the cause of IBS and IBD. In fact, since all treatment is based on easily identified symptoms, you don't even need an official medical diagnosis to use and benefit from the healing tools provided in this program. All you need is the willingness to connect with your own body and to open yourself to your own wisdom and intuition.

HOW DO YOU SEE YOURSELF?

Please be aware that you also have a choice as to which label or diagnosis you accept for yourself and your condition. How do you define yourself and your health? Do you see your intestinal malfunction as you simply experiencing intestinal problems, or do you see your intestines as diseased, do you see or define yourself as a diseased person?

Then think of the implications your mindset has on your healing process. Does your definition or label of yourself and your condition place you in a position of positivity, does it foster a healing environment for your mind/

☀ Does your definition or label of yourself place you in a position of positivity, does it foster a healing environment for your mind/body? Or does it carry an inherent negativity, and place you in a defeatist disease environment?

body? Or does it carry an inherent negativity and place you in a defeatist disease environment?

Most of us have accepted the label given to us by the medical community, that of diverticulitis, or ulcerative colitis, or Crohn's Disease or some other variation. If these labels were used simply as a classification system, as a symbol representing a collection of symptoms, that would be fine and it would be truthful. But there is an insidious aspect to these labels or diagnoses; each one of them also comes with the qualifier of "chronic" or "incurable". This is ridiculous, because it means that no matter how healthy you are, or how long you've been healthy for, doctors will still say to you, "Oh no, you still have Crohn's Disease, you're simply in remission."

I ask you, does any part of this approach or mentality help you? Does any part of this labeling process, this insistence that you are permanently diseased, lead you to positivity? Does it encourage health and a healing environment? Or does it promote despair, negativity and an ongoing disease-environment for your mind and body? I have always felt that words are very powerful. By accepting the medical profession's label of you as being a permanently diseased person, you are also accepting all the negativity and limiting parameters inherent in a profession that has tended to focus on the disease-process as opposed to the healing process.

In Dr. Andrew Weil's book, *Spontaneous Healing*, he relates a story told by a patient of his with HIV who experienced a similar frustration with medical diagnostics and doctors trying to define his reality for him:

"The medical professionals gave me six to eighteen months to live when I was first diagnosed,' Mark told me when I met him. 'Since 1985 I can't tell you how many doctors have shown me the Curve – that is, the graph showing the percentage of people per year who develop AIDS after infection. They all try to tell me I'm somewhere along it, headed for destruction. This is really Western medicine's fascination with illness. Here I am with normal T cells, in great health, and they have the audacity to tell me I'm on this curve heading for death. When I see doctors now, I tell them right at the start: Look, I don't even want to hear about your curve. Just check me out, answer my questions, and keep your opinions

to yourself! They have also all tried to get me to take AZT [the antiviral drug that is conventional medicine's current treatment of choice for HIV], but all of the people I've known who have used it are dead, so I've refused. And none of them have been interested to hear what I'm doing to stay healthy. They pat me on the head and say, "Whatever you're doing, just keep it up!" I have developed an ability not to buy into the medical system..."⁴


New Label – New Framework

My hope for each one of you following this program, is that you get to the point in your healing process where you don't feel you need to accept these medical labels anymore (maybe you're already there!) and you throw them away - what a wonderful, liberating move to a healing environment for your mind/body/spirit that would be. Keep in mind that this does not involve denying your existing state and physical health, or deluding yourself with positive talk or thinking.

It involves full recognition of your existing physical symptoms, but within a framework of healing and positivity. It's the difference between saying, "I'm suffering from an incurable disease" and "I'm having some gastrointestinal problems". Or how about a Chinese Medicine diagnosis: "I have excess wind and fire in my bowels"? Sure you can use the medical label for your condition when dealing with health professionals or people who want the quick answer to, "What's the problem?" But for dealing with and relating to yourself, you may want to use different terminology.

When I use the medical labels of Crohn's, ulcerative colitis, IBS and diverticulitis throughout this program, I am using them in reference to a previously defined set of symptoms. However, please keep in mind how I really view and treat intestinal malfunctions and that I do not label any bodily imbalance as "incurable".

You can label and define your own reality using words of positivity within a healing framework that gives you access to positive action. Instead of talking about your disease, you can talk about your healing pathway or your healing journey. This will also help you to start viewing your body as a whole, instead of as separate compartments where the parts and systems of your body function separately and independently.

 Keep in mind that this approach does not involve denying your existing state and physical health, or deluding yourself with positive talk or thinking. It involves full recognition of your existing physical symptoms, but within a framework of healing and positivity.



Notes:

Your digestive tract is not the isolated “bad” part of your body, it is merely the area where your whole-body imbalance is evidenced, or displayed first. I was once talking to Karen Stewart, the owner of NutritionWorks health store in Scottsdale, Arizona, and she said, “All illness is simply an opportunity for growth. It’s the body pointing out what you need to work on next. And the body uses the strongest parts of itself to deliver the message.” I stared at her, fascinated, as the realization of what she was saying gradually grew in me.

“Well think about it,” she said, “the body wouldn’t use its weakest part to give you the message, it wouldn’t risk its life like that, it’s going to use the *strongest* part.” I found her words very empowering. Instead of viewing your gut as the weak part of your body, where illness shows up first, you can view it as the strongest part of your body, willing to sacrifice itself to be the messenger, the ‘wake up’ button, for your growth and understanding.

Regarding your gastrointestinal tract in this manner will also foster a spirit of teamwork within you and gratitude towards your gut for offering itself up for your growth and development. In her fantastic book, *Mutant Message Down Under*, Marlo Morgan relates that:

“The Real People tribe believes that we are not random victims of ill health, that the physical body is the only means our higher level of eternal consciousness has to communicate with our personality consciousness. Slowing down the body allows us to look around and analyze the really important wounds we need to mend: wounded relationships, gaping holes in our belief system, walled-up tumors of fear, eroding faith in our Creator, hardened emotions of unforgiveness, and so on.” ⁵

When I first began healing myself, I found my healing required equal attention and resolution of both physical and emotional/spiritual/mental issues. However, I’m now at the point where any physical issues I experience are rarely related to my physical body at all, but rather they are just messages, or indicators of something I need to resolve emotionally or spiritually. As soon as I address the emotional component – for example, resolve a conflict, forgive someone, connect with and share my deepest feelings with a loved one, speak my truth,

say ‘no’ where I need to, etc. – the physical symptom instantly disappears, with no physical intervention necessary.

I’ve also noticed that my body will first give me a feeling, or intuition. If I explore that and connect with my deeper self (or higher/spiritual self), and take appropriate action, the issue is resolved there. However, if I don’t, my body will then give me a mild symptom. If I ignore this, a stronger symptom, or escalation of that same symptom will occur, and so on with increasing ramifications in my physical body until I finally stop, connect with my body and my higher self (or subconscious) and receive the message or follow the pathway of emotional/spiritual healing that needs to take place. As soon as I do this, the symptom begins to heal/resolve and in many cases disappears instantly – unless I’ve allowed things to escalate to the point where physical healing is also necessary. Check out an article on my blog called, *I Get The Message & The Symptom Disappears* for an example of exactly how this happens.

Give Your Body Time & Space To Heal

I once had a series of consultations with a reader who was following the exclusively elemental diet and supplementation plan outlined in my second book, *The IBD Remission Diet*, but he was finding progress depressingly slow with lots of ups and downs and he was becoming quite discouraged. I was really mystified as to why he was seeing so little improvement until about the third session when he said, “I’m finding it very hard to concentrate at work...” *At work??* It never even occurred to me that he would be working full-time whilst suffering from malnutrition and colonic bleeding!

What did this poor man’s body have to do to call his attention to the need to lie down and rest and relax? In addition, it then came out that his family was paying for him to be on the IBD Remission Diet so that he would be perfectly strong and healthy for his wedding in about two months time. Since he was of a certain ethnicity, he had only met his bride once, the wedding would last for three days solid, and there were 350 people invited. Talk about pressure! A normal, *healthy* person would probably get ill under that kind of stress. How could he possibly expect his body to heal under that tremendous workload, emotional stress and family pressure?



We really need to put aside the western concept of ‘healthcare’: That of using drugs to suppress symptoms so we can go about our business as usual.

We really need to put aside the western concept of ‘healthcare’: That of using drugs to suppress symptoms so we can go about our business as usual. If your body is ill, it is crying out for you to pay attention, slow down and listen to it, and give it the time and space to heal. Another reader said to me, “I can’t take any time off, I can’t afford it.” Nonsense! If you were in the hospital you wouldn’t be going to work, would you?

That’s what this book is about; it’s about being willing to address, change and transform *all* the contributing factors to your particular dis-ease (imbalance). The longer you let things escalate, the longer it will take you to heal. Natural healing cannot take place without giving your body adequate rest. **True, root-level healing requires a lot of energy.** If you use up your available energy by going to work, or looking after your kids and household full-time, or being completely stressed out, how will your body get the energy it needs to heal itself?

Try to remember that your physical body (although responding to physical factors) is also being directed by your higher/spiritual self – which is not trying to punish you or make your life hard, it is simply trying to communicate a very important message to you and really has only your best interest at heart. The sooner you slow down, take some time out, connect with your higher/subconscious self (see Chapters Six and Seven for details on how to do this), and resolve your emotional distress, the sooner your physical body will begin to heal.

THE HOLISTIC HEALING JOURNEY

As you tread this path of holistic healing, keep in mind that healing of any sort is rarely a linear, progressive process. Usually it occurs in cycles or spirals, but it’s important to keep in mind that the spirals do spiral upward, so there is continuous improvement overall. Alternatively, you could view the healing process as one where you’re doing well, moving in a straight line upwards, then you have a rough spot (often referred to as a healing crisis), so the line dips down for a bit, but then the line climbs upwards again as your healing continues.

Symptoms experienced during a healing crisis can include skin eruptions, nausea, headache, sleepiness, unusual fatigue, constipation, diarrhea, head or chest cold, ear infections, boils, or any other method the body uses to loosen

and eliminate toxins. A healing crisis will usually last around three to seven days – and occasionally longer if you're very run down and weakened.


There are numerous different theories as to why the body doesn't just heal in a straight, uninterrupted manner. Personally, I think it's because the body heals in layers, starting with the easiest imbalances and then moving progressively deeper into the more difficult, serious imbalances or malfunctions. As well, part of the healing and balancing process involves the periodic release of toxins, which may make you feel sicker and temporarily worsen your symptoms. For example, *Candida albicans* (a yeast organism) releases up to 178 different toxins as it dies. As unpleasant and scary as this may be, toxin release and elimination is still an integral part of the healing process.

When this happens, even though it *feels* like you're getting sicker, you've got to try to remember that it's actually part of you getting better. At times like this, you can get really scared and it's very tempting to feel that the natural healing methods just aren't working for you and to get back on your drugs again. But whilst the drugs will suppress the symptoms (in the short term) and relieve your immediate fear and worry, they will continue to damage your body and degrade your health overall. So while they may be useful as a short-term crutch, drugs do not heal. They merely suppress symptoms whilst damaging the body further (see Chapter 5).

True, root-level healing (healing the cause, not just masking symptoms) is a winding pathway with ups and downs along the way, but gradually improving overall. I know this is a very confusing process! Discerning between whether you just need to give your body time, or whether the treatment you're pursuing isn't working for you, is a very difficult decision to make. Unfortunately, there's no simple formula I can give you in these instances, since everyone's body is unique and there are so many factors involved in the healing process. You're just going to have to really tune in to your body and your intuition during these times (see *Dialoguing With Your Body* in Chapter Six) and trust your body and higher/spiritual self to lead you step-by-step along your healing pathway.

I cannot emphasize enough how much it helps to have a support network of family, or friends, or like-minded healthcare practitioners around you at these times. When you get really scared or frustrated, nothing is as valuable as someone who can pray with you, or give you a bodywork treatment that

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helps you connect with yourself and your strength, or just be there to listen, or hold you while you cry or vent. Having a caring support network will greatly increase your chances of success with natural healing.

I think there's also another more nebulous phenomenon at work in the healing process, and the best way I can describe it is to give you an analogy. Let's look at a middle-aged man (for example) who's got a good career, a nice house, a wife and kids. This man appears to be leading a pretty good life. What the outsider doesn't know is that this man was sexually abused as a child, but he's never discussed it with anyone, or dealt with the memories. He was bullied terribly at school and had few friends in college. All his life, he's held himself tightly wrapped and under control and so appears fairly stable and 'together'.

However, severe interpersonal problems with his wife lead this man into counseling. It's only when he begins to acknowledge his trauma, when he begins the process of healing his wounds, that the tight, rigid bonds that have held him together begin to unravel.

All of a sudden, this apparently healthy, successful man can't sleep at night and begins to perform poorly at his job. He doesn't get his yearly bonus so he and his wife have to sell one of their cars. You see, this man seems to be degenerating, he seems to be falling apart and getting worse, but what is really going on is that he is healing himself. He is actually getting better. For the first time in his life he is actually dealing with and healing all the deep-seated, tightly controlled wounds he's been carrying around.

I believe a similar process occurs when we start to access and heal the deeper layers of our physical body. Regardless of the depth and severity of your dis-ease, the balancing homeostatic mechanism will have caused your body to hold on tightly for as long as possible, to assume some form of control or pseudo-balance in order to keep your body functioning.

Although there may be *very* serious long-term imbalances present in your system, they may not be apparent initially. However, as you start to heal your body and nurture and support it in its natural healing process, your body will gradually release its hold over these imbalances and offer them up for healing.

When your body unmasks a long-term, systemic imbalance, you can become very ill quite suddenly. It may *appear* that your condition is suddenly and drastically worsening, and you may panic thinking the holistic healing

methods aren't working at all. I know it's hard (especially the first time it happens) but try to remember that it's probably only temporary and your body needs your support and positivity the most at this time.

I really encourage you to try not to panic when this happens. It helps to have someone close to you who can act as your sounding board, to help you stay rational and determine whether you actually do need additional help, or whether you just need to give it a few more days to settle down again. It's helpful if you can find a very skilled and empathetic naturopathic doctor to help you assess whether you're in danger, or whether you're just going through a healing crisis. Someone who can pray with you or offer some kind of spiritual healing is also invaluable at this time and will *really* help you to get through the fear that may overwhelm you, without resorting to drugs (which will only set your healing back).

As you implement more and more of the therapies and diets in this program, you'll come to have a lot more confidence in the methods listed and in your own healing ability. But again, only do or don't do what your intuition tells you is right and safe for you. Don't give your power and authority over your own body away to anyone, especially not to me or the guidelines in this program!

I've received emails from a number of people over the years who are very upset because they 'did everything the book said and spent tons of money on supplements' and they're still not healed. Nope. That's *not* what this book says. This book says, listen to *your* gut. Develop your own intuition, or work with an intuitive healer, so you can discern the difference between, for example, an allergy (stop!) and a healing crisis (keep going!).

Although I give you protocols that worked for myself and others, there is no guarantee they'll work for you. Each person's body is unique. And their emotional and spiritual factors are even more unique. So you must stay in the driver's seat of your healing journey. Test everything for yourself and only do what feels right for your unique body and situation.



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CHILDREN WITH IBD OR IBS

As the parent of a child with IBD or IBS, you're going to have to walk a fine line between ministering to your sick child, and not letting their dis-ease take



Remember that children are mirrors and our greatest teachers. If your child is ill, also look to yourself and your own actions. What message, or gift of teaching is your child trying to give you? What do you need to change or heal within yourself?

over your family, or obliterate your other children's needs. Because this is not a healthy environment and will not help your child to heal!

Please try to spend quality time with your other children and remember that just because they're physically healthy, it doesn't mean they don't have needs that are just as crucial to their mental, emotional and spiritual health. Devoting all your time and energy to your sick child doesn't serve the sick child, or their siblings (or your spouse/partner) in the long run.

Strive to maintain a balance of interaction and attention within your family and it will only impact positively on your child with IBS/IBD. Dr. John Harrison, MD, who wrote one of my favorite books, *Love Your Disease – It's Keeping You Healthy*, has a wonderful approach to maintaining a healthy family dynamic:

“Children respond very quickly to a change in the reward system and are very aware of its ramifications, as demonstrated by the five-year-old client of mine overheard by his parents as he pointed out to his three-year-old sister: ‘If you want Mummy to look after you, just get sick, that’s what I do.’ When children come into my office and one member of the family is ill, I am careful to pay equal attention to the healthy. Since some of them like coming to see me, I arrange times for them to visit when they are well. They begin replacing illness with wellness.”⁶

There are entire books written on the family dynamics surrounding and often supporting illness, but for now, the main factor to be aware of is to spend quality time with and give attention to your healthy children as well.

Your ill child can also be a caring, contributing member of the family too. Look for and point out ways (no matter how small) that they can demonstrate caring and concern for other family members. This will help your child to feel like a more equal, capable member of the family, whilst balancing the family dynamic. Also, waiting on your sick child night and day and catering to their victim status is not going to help them be well. It's just going to help them be weaker.

Try to come up with words and actions that make your child feel strong. Give them as much autonomy and decision-making responsibility as you can. Help your child to feel that he/she is in control, that she has options, that he has the strength to make decisions and reclaim his body. A child that's been

subjected to the damaging, invasive, traumatic exploratory tests, drugs, or surgery involved with an IBD diagnosis is going to feel very violated and probably victimized and helpless. It's up to you to restore your child's feelings of control, safety, and empowerment with his/her body.


I once read a letter in *Mothering* magazine from a mother whose two-year-old son began having violent epileptic seizures along with various other symptoms. They gave their child, at the age of two, complete control over his health and healing! He made the decisions regarding which doctors he wanted to see (they took him to medical, naturopathic and homeopathic physicians) and also which drugs, herbs, or homeopathic remedies he wanted to take and when. They basically gave him complete and total control, trusting that he was able to connect with and know his body better than anyone.

At the end of a year they discovered that he had some very rare but severe allergies and if they had made him take the prescription drugs (which would have suppressed the frightening seizures, but not addressed the root cause), he would have suffered permanent brain damage as a result.

It took a winding journey, or healing pathway, of a full year to pinpoint the exact problem, and by then the child was completely healed and symptom free. I was awed by their story, and to this mother (and father) I give the utmost respect and admiration. So if you think your child is too young to make his/her own decisions about their health and body, keep this testimonial in mind.

You also have to connect with your child's body and use your own intuition to discern what's really going on. My third child, Hugo, went through a period of terrible ear infections as a toddler (until I invented a remedy to heal them, but that's another story). He was highly resistant to anything being put in his ears. So I could interpret this as him not giving me permission to administer the remedy. But, I also understood that his core personality was incredibly fierce. His siblings nicknamed him "The Destroyer". You get the idea.

When I tuned into him, what I noticed was that he needed to say, "No!" with his voice. But then he would climb onto the red rocking chair (where I always administered his ear drops) and he would lie down across my lap. So his body was clearly saying, "Yes." I needed to give him a sippy cup or toy to occupy him and he would happily let me clean the blood and pus out of his ears. I would load the ear drops in the dropper, pull his ear up and back (to

 Help your child to feel that he/she is in control, that she has options, that he has the strength to make decisions and reclaim his body.



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open the ear canal) and he continued to lie quietly. The second the drops hit his ear canal, he would yell, “No!!” as I quickly stuffed cotton in the ear and jiggled it to take away the itchiness and help the drops penetrate.

When I looked at the totality of Hugo’s behavior, I concluded that he was overall saying, ‘Yes’ to the ear drops. I was indeed honoring his body wisdom. But due to his personality, he also needed me to give him some support to get through the application. This is the kind of discernment parents need to bring to the equation when supporting a child along their healing journey.

Remember that children are mirrors and are our greatest teachers. If your child is ill, also look to yourself and your own actions. What message, or gift of teaching is your child trying to give you? What do you need to change or heal within yourself?

If your child is hyper and stressed, look to your own energy – are you stressed, or tense, or controlling, or worried, etc? How’s your relationship with your spouse or partner? When my husband and I are in conflict, our kids go nuts. As soon as we resolve the issue between us and restore an energy of peace and joy to the home, our children instantly, automatically, follow suit. Healing your child will also involve healing yourself in some manner. Pursuing a pathway of natural healing together will also involve lessons and gifts of wisdom for you, as well as your child.

There are many different factors that contribute to childhood chronic illness; ranging from environmental and nutritional factors, through to emotional and psychological factors. In my experience, if a child becomes ill and remains ill, it is rarely, if ever, just about the child.

Childhood Illness & Your Family Dynamic

If you were diagnosed with IBD as a child/teenager/young adult, or if you are the parent of a child with IBD, then your healing must involve delving into your family dynamic and culture. You may instantly feel resistance to this idea, but stick with me and I promise you will feel enlightened and relieved.

Obviously, the mother and father are responsible for their children’s physical health, because they are the ones who make key decisions like: Do we eat organic, or pesticide/antibiotic/hormone-laden food? Do we cook with stainless steel or toxic T-Fal pots and pans? Do we cook our food in a microwave that

denatures the proteins and causes harmful changes in our blood chemistry, or do we cook in the oven and stovetop? Do we dress our children in synthetic fabrics, which cause them to absorb xenoestrogens through their skin, or do we dress them in natural fabrics? Do we clean our house and our clothes with natural substances, or do we use toxic, polluting substances? And so on. And yes, we cover all of these issues in Chapter 4 as we detox your living environment.

More complex, however, are the ways in which parents are responsible for the emotional and psychological factors which can result in chronic illness. As John Harrison, MD writes in his book, *Love Your Disease; It's Keeping You Healthy*, "The interaction between members of a family will often initiate and maintain both health and disease."

As a parent, our instant, knee-jerk reaction may be anger and indignation that somehow we are to "blame" for our child being ill, "How dare you even suggest that, when I am doing everything in my power to help my child!" And yes, our feelings are valid. We are doing everything we know of to help our child. But what if there are things we don't know about? What if our ignorance is causing us to inadvertently reinforce our child's illness? Are we to blame for that? No. But, ultimately, are we responsible for that? Yes. And taking responsibility is a wonderful thing – because it means that not only can we get to the root of what's really going on, but we can fix it too!

Let's look at a basic example of how this can work: Johnny doesn't want to be on the soccer team anymore, he's not enjoying it, it's not fun anymore and he finds it too competitive and stressful. But Johnny's Dad is the team coach and Johnny knows how terribly hurt, disappointed, and angry Dad would be if he told him he wanted to quit. Johnny knows his Dad will have a fit if he even suggests quitting. Johnny has tried to talk to his Mum about this, but his Mum also doesn't want to go through the fallout from Dad, so she tries to placate Johnny with things like, "But Johnny, you love soccer. And you're the top scorer on the team. You'd be miserable without soccer. And what are you going to do instead? Just sit around and watch TV? It's only twice a week." and so on.

So what are Johnny's options? His gut and higher self are telling him not to play soccer on the team anymore, because it's not healthy and enjoyable for him. And he also suspects there's something not quite right about so much

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competition and anger among the parents and coaches of his soccer league, and this makes him feel tight and tense in his gut as well. But neither his Mum nor his Dad are open to hearing or accepting his truth and reality.

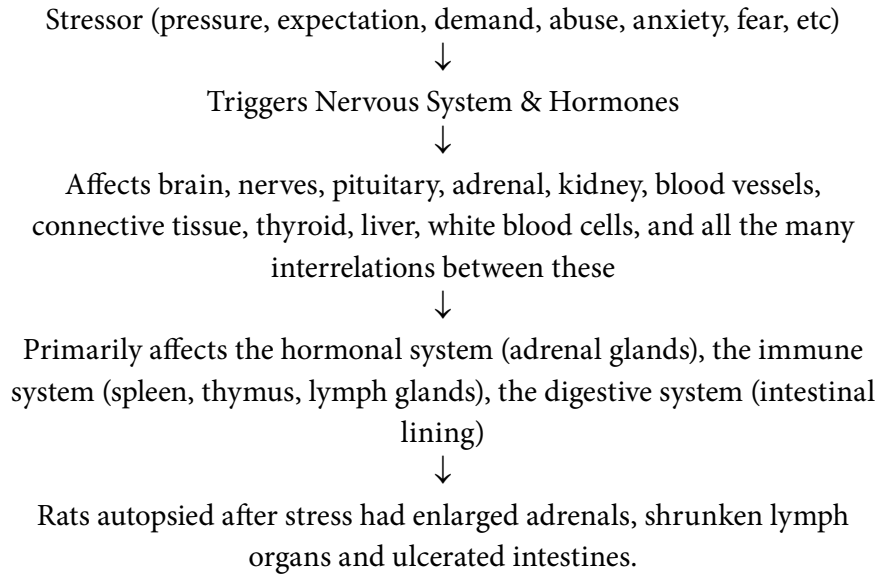
So, he can either go head-to-head with them, and state openly that he is quitting soccer (which will result in extreme hardship and hurt in his young life – and may not even be allowed) or he can physically incapacitate himself. If he develops a serious illness, or injury, that prevents him from playing soccer, not only will he fulfill the leading of his own mind/body wisdom, but he will have the support of his parents too. Brilliant! Could there be a better solution?

Instead of suffering anger, rejection and bad vibes in the house for weeks or months; by injuring himself, or becoming ill, Johnny gets to retire with the full love, support and concern of his parents.

Of course, none of this has been reasoned out or accomplished by Johnny's conscious mind. This entire process and implementation has taken place on the subconscious and spiritual planes of Johnny's being. Once you understand this dynamic, you will be able to trace back the roots of illness, injury, or 'accident', and see how our body is always advocating on our behalf.

As the parent of a chronically ill or injured child, we have the challenge of courageously tracing the child's pattern of illness back to our own unhealthy expectations, pressures, beliefs, energetic-environment, stressors, etc., that our child is responding to. Or, our child's illness may be a karmic event, so there's nothing we can do to change that other than let it play out and try to discern our own role in the dynamic. This is where it can be helpful to bring in a Medical Intuitive, or to have the parent go for hypnotherapy to discern the karmic relationship. In this way, the healing journey for our child becomes a healing journey for ourselves, as well. And we can either accept this gift from our child and use it to become stronger, healthier people, or we can rail against it and become incensed that anyone dare imply that we are somehow responsible for our child's illness.

How Stress Creates Illness



(Compiled from *When The Body Says No* by Gabor Mate MD, Random House 2003, pages 31-33)

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I once held a teleseminar with Gabor Mate, MD, international bestselling author of *When The Body Says No*. At one point we were discussing how, as a child, you can develop unhealthy personality traits or behaviour patterns (like strict neatness, punctuality, perfectionism, high performance, etc.) as a way of surviving in your family environment. And you think that these traits are just ‘who you are’, so there’s nothing you can do to change them. But in actual fact, they were coping or adaptive mechanisms that were developed at such a young age that you assumed they’re part of your core personality, but they’re actually not. I shared the example with Dr. Mate of myself being a neat and tidy person and he responded:

“I think you weren’t born like that. Nobody’s born a neat freak. It’s something that developed in response to the environment. Something happened, certainly, in your early environment. I would argue, without

knowing really anything about your early life, that there were great expectations on you and possibly very negative consequences for you, if you didn't live up to certain expectations. Or maybe there was so much emotional mess around you, that you kind of made a decision to be extraordinarily neat in your life in order not to go that route. But something happened very early. It's a decision at an unconscious level that you made, but that doesn't mean it's part of your core personality. It's been wired into you, but it's not you."

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Well, I have to say, he hit a home run with that answer. Great expectations with very negative consequences? Yep. My Dad told me that if I didn't bring home eight "A"s on every report card (out of 9 subjects), he would sell my horse – who I loved more than anything. Guess who always made the Honor Roll at school? Next: Lots of emotional mess around me? Oh yes, my father was physically (and verbally) abusive with myself and my siblings, and my mother failed to protect us from his anger. Now, my situation may seem severe and not applicable to your situation. But, as in the example above with Johnny, family dynamics that create and support illness can be much more subtle.

I'm reminded of a past consultation client whose son had Crohn's Disease. Now while there were clear physical factors that had contributed to his illness (vaccination, the mother had received multiple courses of antibiotics whilst pregnant and breastfeeding, pasteurized milk intake, environmental and food-borne toxins, etc.), there were also some compelling emotional factors present within the family dynamic. For example, the mother and father had many serious, unresolved issues in their marriage. Having a chronically, dangerously ill child enabled the mother to focus on her son's needs and also to sleep in his room for years; thereby helping the parents avoid dealing with their marital problems. This boy was providing a vital service for his parents, by preventing divorce, or a family atmosphere filled with tension, hatred and turmoil. And therefore, he was also ensuring his own emotional safety.

In *Love Your Disease; It's Keeping You Healthy*, Dr. Harrison says, "We harm ourselves physically, in order to protect ourselves psychologically." He tells a story about a client whose daughter, Jessica, was two days old when she had a seizure. The matron of the hospital ignorantly and mistakenly told the mother

that baby Jessica nearly died due to lack of sufficient nourishment. This news, combined with the mother's own need to have a dependent, fragile daughter, resulted in the mother overfeeding Jessica continually from infancy – so that she wouldn't get sick. By the time they sought Dr. Harrison's help, Jessica was in her twenties and very obese. Dr. Harrison says:

“Jessica had clearly decided that she couldn't stay alive without being overfed by her mother. She still believed that unless she was obese, she would die. She'd been told that the way to stay well was to be fat, and therefore believed that if she lost weight she was risking becoming ill. This is an example of keeping unwell in order to stay well.”⁷

 *Notes:*

If you are the parent of a chronically ill child, then a key component (sometimes the main component) of your child's healing lies within you. Yes, this is a difficult reality to face. But again, don't take it as blame. You are not to blame if you do not know what you are doing. But if you want to see your child (and yourself!) healed, then you must take responsibility for your contribution or role in your child's illness. Once you start to identify the ways in which you are supporting illness – what you are doing, saying, expecting, the beliefs you hold, etc. – you can start to change, heal, and release these things within yourself.

As you shift and heal, your child will shift and heal as well. For long-standing patterns, your child will likely also need direct healing themselves. Acupressure tapping (see Chapter 6) is a great healing modality for both you and your child. But for young children and infants, often just healing and changing yourself is enough to produce shift and healing in them.

If you are now an adult with a chronic illness, then identifying these triggers and contributors is a big part of your healing path. The top “disease-causing traits” – like inability to say ‘no’, taking responsibility for other people's feelings, perfectionism, high achievement, feeling others' pain more strongly than your own, repressed anger, unhealthy expression of anger, etc. – may have been acquired in childhood, but they can be healed in adulthood.

Going back to the example of my own childhood: As I have healed myself using various emotional and spiritual therapies like craniosacral, hypnosis, Lazer Tapping (an acupressure tapping method), past life regression, acupuncture and energy healing – my parents have shifted and healed too. Because we are

a family and energetically joined, the shift goes both ways; if the father heals himself, the son (or daughter) will automatically experience shift and healing. Likewise, if the son heals himself, the father will automatically experience shift and healing. In my case, both my parents were also very open to hearing and dealing with my truth and working together to effect healing in our lives. As a result, we have all experienced profound shift and healing in our lives and the love now flows freely and strongly among us.



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The thing that the adult child has to remember as she is healing the roots of her illness, is that her parents probably wounded her out of ignorance, and the woundings of their own childhoods. My father hit his kids because he was hit as a child and had not healed his own pain and trauma before he had children. He was performance-oriented and driven to high achievement because these were the lessons of his own childhood. He was born and raised in Kenya, but sent to boarding school alone in England at the age of 15. His father didn't have enough money to send all eight children to university, so as one of the eldest, the pressure was on him to succeed and become financially successful.

My mother could not adequately protect her children because she was swamped with dysfunctional behaviours and low self-esteem resulting from her own dysfunctional childhood. She did not have the self-esteem or personal power to stand up to my father and stop him from hitting us. She also couldn't leave him, for numerous valid and understandable reasons.

As an adult child seeking healing, we need to be able to understand and have compassion for our wounded parents. Virtually no one harms their children intentionally – unless they are mentally ill. But even then, one must ask the question: Why is that person mentally ill? Again, we come back to the same place. You cannot give what you don't have. And you cannot teach what you don't know. So we must have compassion and understanding for both the wounded child and the wounded parent. And from these things, as we heal ourselves, will flow forgiveness.

Is this a wounding, a scourge, a trauma? Or is this an opportunity for healing? Of course, it is both. But if you remain stuck in the "I am a wounded person, I am a survivor, I am damaged" space, then your illness will continue. If you move into the Healing Journey pathway, then you open yourself up to root-level healing, forgiveness and love.

For myself, I am on both sides of the family dynamic of illness. I developed a chronic illness in my teens as a result of childhood woundings. And I am now a parent, inflicting damage on my own children, through my unhealthy traits and behaviours. Yes, I have healed and resolved enough that I no longer have a physical illness, but I still have a fair way to go before I'm living, breathing and reacting in consistently healthy emotional patterns, 100% of the time. I still have to be conscious about when, whether, and how I am inflicting unhealthy behaviours on my children, and teaching them (through my own behaviour modeling, pressures, and expectations) unhealthy traits and patterns of behaviour.

Thus, I continue to seek healing and release for myself. I also use Lazer Tapping (acupressure tapping) surrogately for my children, on their behalf. I figure if I didn't get their permission to screw them up, I don't need their permission to heal them! Although, because it's an energetic therapy, if my child was resistant or blocked the Lazer Tapping, it wouldn't have any effect anyway. It's all part of the Healing Journey. Parents and children are energetically, physically, emotionally, and spiritually intertwined – this is the family dynamic that has the potential for great harm, or great love and healing. The choice is ours. And remember, it only takes one person to shift, and then the dynamic changes for everyone.

 Notes:

THE BONUS TOOLS PACKAGE

When you purchased this book, you should also have received some digital download links for the Workbook and implementation materials that are an integral part of the *Listen To Your Gut* program. This book gives you all the knowledge and information you need to heal yourself using natural methods, but the Bonus Tools package gives you all the materials needed to actually put that information *into action* and apply it to your life, body, and self. You can print out the various charts, quizzes and Workbook as often and repeatedly as you need to. If you did not receive the download links for the Bonus Tools package, then please email us and we'll send you the file downloads: service@listentoyourgut.com

*If you are reading the Kindle or eBook version of *Listen To Your Gut*, then all the Bonus Tools package files are at the end of the eBook.

Following are descriptions of exactly what's in the Bonus Tools package and WHY you need to use these materials to create success for yourself:

Healing Journey Workbook

The *Healing Journey Workbook* consists of a list of questions or activities to help you explore for yourself the contents of each chapter of *Listen To Your Gut*. This Workbook is where you take the techniques and concepts presented as a result of my experience, and other readers' experience, and turn them into the techniques and concepts that will work for you, as a result of your experience, who you are, and where you're at in your life.

In short, the *Healing Journey Workbook* is where you take all the information presented here and make it your own. This is where you will organize and integrate all this new information, and map out a detailed, clear treatment program for your unique body. **The Workbook is perhaps the most important part of this program.** Don't let this be just one more book that you read and say, "Oh yeah, great ideas, I'm really excited, this sounds as if it will actually work!" and then put the program aside and never do anything with it. The knowledge and techniques in this program can only help you if you put them into practice.

Begin while the feeling and motivation is still fresh within you. It's best if you do the Workbook sections in order as you read through *Listen To Your Gut*, chapter by chapter (eg. After reading Chapter 1, immediately do the Workbook section for Ch.1). The Workbook is formatted so that you can print it out and write your answers directly on the pages. I suggest you get a binder for your *Healing Journey Workbook*, and if you need extra room to write certain answers, then just insert a blank page where needed. Alternatively, if you prefer, you can get yourself a spiral-bound notebook, or an esthetically pleasing diary notebook (something that feels special), and write down your Workbook answers, thoughts and ideas in your special notebook. You could title the notebook "My Healing Journey" (or something similar) and keep it for any future exercises or writings you might have.

The important thing is to actually *write down* your answers to the questions in the *Healing Journey Workbook*. Just answering them in your head will *not*



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result in the same enlightenment and integration as that of committing your thoughts to physical form (this is actually scientifically proven). Also, you'll need to have your answers written down, as you'll be using them to compile your summary for *Jini's Optimum Treatment Plan* – outlined below.

Yes, it will be difficult. Yes, you'll probably be tempted to put off actually doing it. Wading through the jungle of our Self is a difficult and time-consuming process. But if you want to restore yourself to wholeness, then you must take the time and you must discipline yourself to face your tangled jungle, one step at a time.

Don't be discouraged, you don't need to sit down and go through every page at once. You could choose the easiest chapter for you to start with and simply begin there. Take as much time as you need to thoroughly work through your issues and practices involved with that section of the Workbook and make the necessary changes. Then you may need to take a break and just 'be' for a while. Excellent! Then, when you feel ready to handle the next step, go back and choose another chapter to work on. Get ready to see your weaknesses transformed into strengths and your limitations into opportunities as you reclaim your natural state of wholeness and completeness.

Treatment Summaries

By the time you finish reading *Listen To Your Gut* your head will probably be swimming with the mass of information contained here. The Treatment Summaries folder provides you with a bullet-point outline, or broad-strokes map, of how to pull all the relevant information together for your particular condition. There are two action plans in the Treatment Summaries folder that give you a step-by-step summarized treatment plan for what you need to do to heal yourself. For the first plan, you'll need to have completed the *Healing Journey Workbook*:

- ***Jini's Optimum Treatment Plan*** – This is the best plan to ensure whole body healing. It guides you through creating your unique, customized, Optimum Treatment Plan based on your answers in the *Healing Journey Workbook*. This is the best treatment plan, since it is the most thorough, and completely customized to your specific needs. *Jini's Optimum Treatment Plan* presents you with the highest chance of success in implementing the



The Healing Journey

Workbook is where you will integrate all the information from this book and map out a detailed, clear treatment plan for your unique body.

healing protocols in this program. However, you need to have completed the *Healing Journey Workbook* in order to fill out this plan.

- ***The Just Tell Me What To Do Plan*** – For people who don't want to take the time to read the whole book, or complete the Workbook, or whose brains just don't work that way, I'm going to give you the *Just Tell Me What To Do Plan* in Chapter 2. But I've also put it here in the Bonus Tools package as well, so you can print it off for easy access.



Notes:

Health Assessment & Tracking Tools

These are a collection of charts and questionnaires that give you a self-assessment method of mapping out your current symptoms and understanding what your symptoms are telling you about your state of health or dis-ease in the various systems of your body (e.g., nervous, endocrine, digestive, etc.). I have also included some tests to evaluate whether you have a *Candida albicans* (yeast) infection underlying your IBS or IBD. The Symptom Tracking Charts then provide you with a concise way of tracking and monitoring your symptoms at a glance.

You will be directed in the *Healing Journey Workbook*, and in the Treatment Summaries, to fill out these tests and charts at various points throughout the program. You can print them out and fill them in as often as you need to, and then keep them in a file for reference and comparison. This will help you to track your progress and also to pinpoint areas that need addressing.

Again, remember what I wrote earlier in this chapter about the holistic healing process: As your body heals, it can suddenly unmask a deeply-seated imbalance that you were not previously aware of, and offer it up for healing. When your digestive system is so ill (for example) you may not be aware that your endocrine/hormonal system is also in serious trouble – because your digestive system is more urgent, and healing that takes all your attention and energy. However, as you heal your digestive system, your body may feel it's time to draw your attention to your endocrine system, so you can focus on healing that. The Health Assessment & Tracking Tools will provide you with methods of assessing and tracking this process, and also help guide you on what to address next.

PROGRAM IMPLEMENTATION

Choose the area from this program that is easiest for you to work on and begin with that first. As anyone with intestinal problems knows, stress is the number one trigger and inflamer of these disorders, so don't increase your stress (or your child's stress, if your child is the one who's ill) in your efforts to heal yourself or your child!


Just take it slowly and easily, realize and accept that you're on a long, winding path and there are no miracle cures or quick-fix remedies. Your dis-ease (unease) encompasses your environment, upbringing, past issues/ occurrences, financial state, career satisfaction or lack thereof, diet, family, intimate relationships, lifestyle, stress, stability, security, peace, self-love, exercise, genetic make-up, your doctor-patient relationship and drugs ingested, to name a few.

The diets, therapies, and techniques in this program demand that you take full responsibility for your health and healing, and appoint only yourself as your final, ultimate authority. Do not give this authority away to anyone, not to me, not to your physician, your naturopathic or homeopathic doctor, your spouse or parent.

You have everything you need to heal yourself – it is your responsibility, and you are the only trustworthy repository of final authority for your body/ mind/spirit. There are many pathways to healing. This program may comprise part, or all, of your pathway. Only you know what's best for you, only you possess the map of your Healing Journey.

All the information included in this program is of my own personal opinion and experience. My only intent is that you examine it from your point of view, take what you need, adapt whatever you want, and chuck out whatever you don't need. Some of the information and ideas presented in this program may be difficult for you to accept. Some of my approach (e.g., no pharmaceutical drugs) may be too radical and you may feel it's not safe for you – no problem! Just listen to yourself and only do what you feel comfortable with. You know yourself better than I do and you should certainly stick to what you feel is true and works best for you.

 *Notes:*

 Get ready to see your weaknesses transformed into strengths and your limitations into opportunities as you reclaim your natural state of wholeness and completeness.

I often got emails from readers saying, “I’m going to follow your program because I feel I can trust you, so I’m going to do what you say.” And I would write back saying, “No, do NOT give your power and authority away! Use my programs as a resource or guidebook, but always trust yourself first and foremost. You are the only one who knows the best/right path for your body.”

It will probably take you quite a while to work through and incorporate the diets, protocols and therapies outlined in this program, but it will also be well worth it. Imagine what it would be like to be 100% drug free. Imagine what it would be like to go for years without seeing your gastroenterologist (intestinal specialist), or having to go through any more torturous scans and scopes. Imagine what it would feel like to go to yourself *first* whenever you have a flare or attack (or healing crisis) and be able to deal with and heal the fear and pain without having to rush to the emergency room or resort to damaging drugs or surgery.

Yes, the path is difficult, and time-consuming, and at times nothing can be more frustrating than having to face your own self. However, as you begin to achieve this freedom, you’ll also come to realize, beyond a shadow of a doubt, that nothing is more worthwhile.

Turn now to the *Healing Journey Workbook* – part of your Bonus Tools package – and complete the section for Chapter One.

